

# Uncooked Tomato Sauce

**Makes:** 6 servings

## Ingredients

- 6** tomatoes (large, cut into chunks)
- 1 tablespoon** garlic (minced)
- 1/2** onion, medium (finely chopped)
- 1/2** green pepper (finely chopped)
- 3 tablespoons** fresh basil (chopped)
- 1/2 teaspoon** dried oregano
- 1 tablespoon** olive oil
- salt and pepper (optional, to taste)
- 6 cups** pasta (cooked)
- 6 tablespoons** Parmesan cheese (grated)

## Directions

1. Chop tomatoes and mix with all the remaining ingredients in a large bowl.
2. Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Romano or Parmesan cheese.

## Notes

Add a can of white or black beans, drained, for extra protein before tossing with pasta or rice.

**Source:** Connecticut Food Policy Council, Farm Fresh Summertime Recipes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>310</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	5 mg
<b>Sodium</b>	<b>90 mg</b>
<b>Total Carbohydrate</b>	<b>54 g</b>
Dietary Fiber	6 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

